

OMERS

retired member news

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OMERS retired member Peggy Bayley

Staying active and healthy in retirement

The life expectancy in Canada continues to rise. OMERS members who retire at age 60 will, on average, live into their mid-80s. While access to health care resources, advances in medicine and enhanced programs for seniors all contribute to longer living, retirees are staying active to improve the quality of their lives in retirement. *Continued on page 2*

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Plan for the Future

An OMERS pension is a guaranteed source of inflation-protected retirement income. *Retired Member News* keeps over 100,000 retired OMERS members and survivors up to date on plan news and benefits.

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Whether it is exercise, travelling, involvement in the community, continued learning or healthy diets, retirees are right on target with activities that keep them feeling young.

Peggy Bayley, a former public health nurse for the City of Toronto, says her secret to staying young revolves around exercising, healthy eating, and the company of friends.

At 69, Peggy practises Pilates three times a week, lifts light weights, plays tennis, and enjoys seasonal activities such as cycling and skiing. "It's a priority for me to keep my bones strong, maintain a healthy weight and prevent osteoporosis," she says. "I start each hobby by joining classes to make sure I learn the proper techniques. Once I'm comfortable, I take on the challenges myself."

Peggy's focus on nutrition adds to her strength and well-being. "I love cooking heart-healthy dishes. It's fun to try new recipes that taste gourmet but are not high in calories."

A few years before retirement, Peggy attended an OMERS workshop to help her prepare



"It's a priority for me to keep my bones strong, maintain a healthy weight and prevent osteoporosis."

— Peggy Bayley, retired public health nurse

for the change. "OMERS has given me the security of knowing that I will always have income. I'm able to plan my life accordingly."

Faye Culligan retired from the Community Care Access Centre in Perth County after 35 years of service. To stay in shape, Faye takes

aqua fitness classes at her local community centre twice a week. "I love exercising in the pool to the music. The movements strengthen my joints and improve my flexibility. It's also a great place to meet new friends."

In addition to staying active, Faye exercises her mind by developing new skills to adapt to our increasingly technological environment. "I go to the library every week to keep myself updated on my computer skills."

Since retiring, Faye has decided to take a part-time job to interact with people and to make some



www.omers.com

Visit our "Words to the wise" section and complete the questionnaire. We'd like to hear about your experience in retirement, and so would many of our members.

extra money, so she could spoil her grandchildren with more toys. "With my OMERS pension, I can afford to work part time and appreciate the luxury of having free time for myself."

After retiring as an HR Officer for the Greater Essex County District School Board in 1998, Sharon Spurrier stays healthy and active by golfing up to four times a week with three different golf leagues. "I feel so energized when I'm on the golf course interacting with people and playing the sport I love," Sharon says. "It's so relaxing and peaceful to hear the birds chirp and breathe in the fresh air."

Sharon's advice for retirement living is simple. "Live, love and learn each day. No one knows how long we have, so enjoy life to the fullest."

Sharon feels fortunate to receive an OMERS pension payment every month. "I wouldn't have been able to sustain the life I have without OMERS. It's especially nice when I get my increase every year."

"I wouldn't have been able to sustain the life I have without OMERS. It's especially nice when I get my increase every year."
— Sharon Spurrier, retired HR officer

DID YOU KNOW?

At the end of 2007...

OMERS paid 103,438 pensions*, which included 81,700 retirement pensions.

72% of retirement pensions were for early retirement.	41% of retired members were in the 61-70 age group.	31 retired members were over 100 years of age, compared to just four in 2002.	70% of active members were age 40 and older.
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* retirement, disability and survivor pensions

The Public Health Agency of Canada suggests physical activity as an important way to maintain your physical and mental health as you get older. Some benefits associated with physical activity include:

- Fewer aches and pains
- Reduced risk of high blood pressure, stroke, heart diseases, osteoporosis and diabetes

- Stronger muscles and bones
- Better flexibility, posture and balance
- Increased energy
- Reduced stress and better sleep
- Improved memory and concentration.

With so many active living choices for retirees, take some time out to find a hobby that suits your lifestyle. You know your body best, so be mindful of your limitations and go at your own pace.

Remember, your OMERS pension will never run out. OMERS provides retirement income for life, with inflation protection as well as survivor benefits. You can continue doing the activities you enjoy while maximizing your OMERS benefit.

Every bit counts, so start small, set some goals, and enjoy the benefits of feeling young in retirement.

Province's pension review wrapping up

After numerous studies, research, and consultations with pension experts, stakeholders and individuals across the province, the Ontario Expert Commission on Pensions (OEC) aims to submit its final report to the Minister of Finance this fall.

The OEC used the following principles to guide their review process:

- the importance of maintaining and encouraging the system of defined benefit pension plans in Ontario
- the importance of maintaining the affordability of defined benefit pension plans for both members and sponsors
- the importance of supporting a competitive economy
- the need to safeguard the security of pension benefits
- the need to balance the rights and obligations of employers, plan members and pensioners
- the impact of demographics and the changing nature of the workforce on the provision of employment pensions.

OMERS President and CEO, Michael Nobrega, appeared before the OEC on October 19, 2007 to present OMERS submission, *Closing the Gap Between Pension Regulation and Best Practices*.

The joint OMERS Administration Corporation and OMERS Sponsors Corporation submission included four recommendations to the OEC. One recommendation suggested giving public-sector pension plans freedom from outdated rules when making investments. This would increase the possibility of increasing investment returns.

- To view the OMERS submission: www.omers.com, under About OMERS/Corporate publications.
- For more information on the Ontario Expert Commission on Pensions - its mandate, background and commission members: www.pensionreview.on.ca.

Thank you for your feedback!

In the last issue of *Retired Member News*, we included feedback cards to find out what our retirees thought about our newsletter.

Overall, you gave us high marks for timeliness, content, usefulness and clarity of information. You enjoy our new format and like the personal touch of the retiree profile articles. You also took the time to tell us how happy you were with OMERS investment performance.

Thank you for sending us your comments. We appreciate and value your suggestions, and will incorporate your ideas into upcoming issues of *Retired Member News*.

Some of your suggestions for future topics include:

- More retiree "dream" articles
- Information on retirement homes and nursing homes
- Information on health insurance
- A series on each investment class
- Investment and savings tips.

Your thoughts are important to us and help us better communicate with you.

If you haven't filled out your feedback card, it's not too late. We are always open to hearing your feedback.

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retired member news

We'd like to hear from you

Please take a few minutes to answer some questions. Your comments will help us continue to improve our service to you. When you complete the survey, please return the postage-paid card to OMERS.

On a scale of 1 (not satisfied) to 5 (extremely satisfied), overall, how satisfied are you with the newsletter?

1 2 3 4 5

On a scale of 1 (not satisfied) to 5 (extremely satisfied), how satisfied are you with the following?

Timeliness of the information 1 2 3 4 5

at times covered

Service excellence is a team effort

From fast turnaround times on benefits to courteous call response, OMERS aims to be the pension service leader. Our commitment is to you: over 380,000 members and retirees, and more than 900 employers across Ontario. Our professional pension staff is dedicated to continue to raise the bar to provide top-of-class pension services.

Mike Watters
helped OMERS employers get data in faster via "e-access" online tool

Amy Warner
put a smile on the face of a member getting ready to retire

Neil Rattigan
with his team answered more than 100,000 inquiries last year

Mylah Casalda
explained disability benefits to a member who had been injured

Viktor Kogan
laid the groundwork for business requirements for supplemental benefits

Tracey Ball
conducted policy analysis to ensure fair pension administration

Frank Cosentino
tested a new system application to provide pension quotes to members

Anna Barone
ensured pensions were paid promptly to more than 100,000 retirees

Claude Felber
provided pension education to 3,000 members, retirees and employers last year

Tina Hendson
went the extra mile to track down and pay benefits to a "missing" retiree



Oxford adds to Calgary's growing skyline

Centennial Place, Oxford Properties Group's newest project in Calgary's Eau Claire district, is creating a lot of



buzz. OMERS Retired Member News spoke with Oxford's Mark Cote, Vice President, Development, to learn more

about one of OMERS largest real estate development projects to date.

Why did you choose Calgary as a development location?

Calgary's thriving economy, with its focus on the oil and gas sector, has been very favourable. A number of firms expressed interest in looking for new office space to re-brand themselves, consolidate or expand offices. It seemed like the right time to enhance our presence in the city with a vibrant and innovative office building.

Also, Oxford has a great history and excellent reputation with past developments in Calgary, such as the Ernst & Young Tower, Canterra Tower and Calgary Eaton Centre.

What makes Centennial Place unique?

First, the two-tower, 1.2 million square foot complex is located in the Eau Claire district – a key location in Calgary's downtown core.

The design and scale of the project are impressive – the east

tower will stand 40 storeys tall, and the west tower will be 23 storeys.

A 40,000 square foot retail podium will connect to Calgary's Plus-15 skyway network, as well as other Oxford office buildings.

Above all, this project is very "green." We're aiming to have Centennial Place certified with a

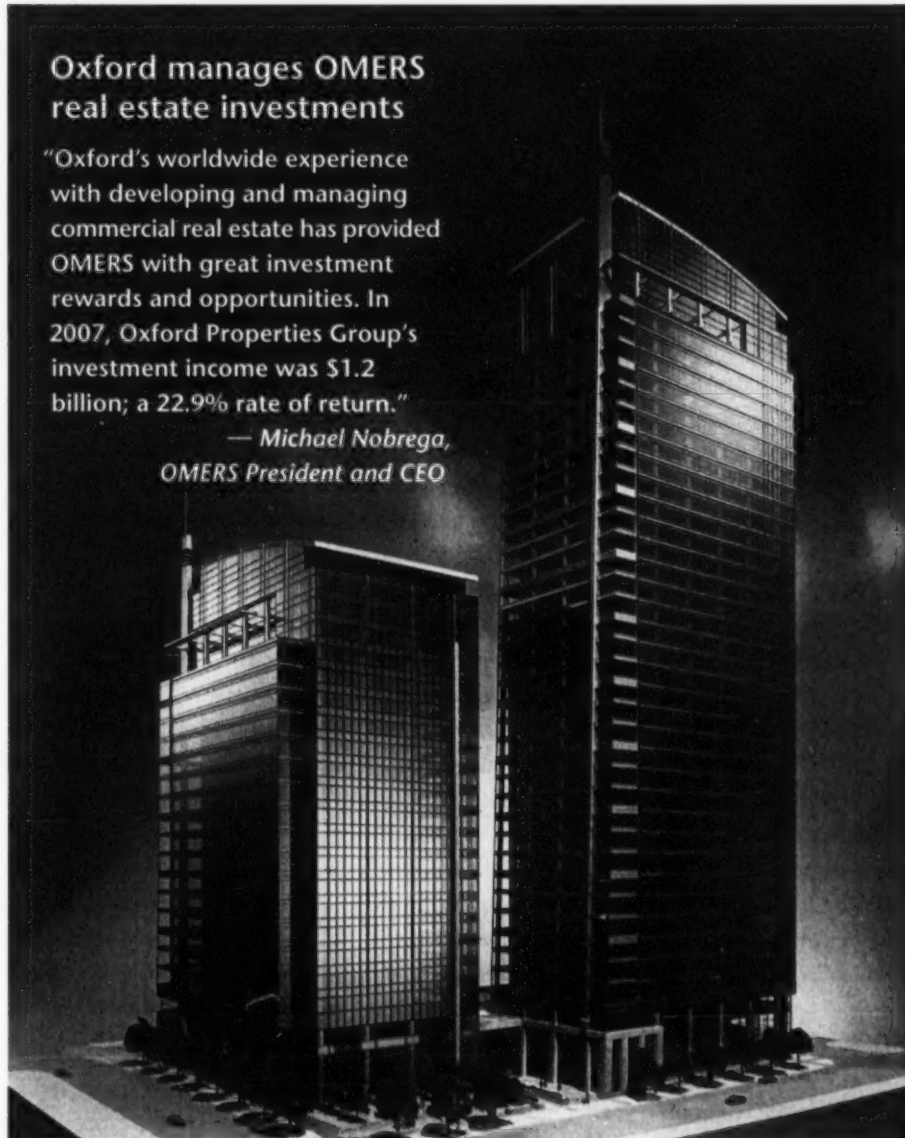
Leadership in Energy and Environmental Design (LEED®) Gold designation.

What makes a project "green"?
Building a sustainable project was a key directive to the design team at the start of this project. Oxford subsequently chose to pursue a LEED® designation for the project because it is the most widely

Oxford manages OMERS real estate investments

"Oxford's worldwide experience with developing and managing commercial real estate has provided OMERS with great investment rewards and opportunities. In 2007, Oxford Properties Group's investment income was \$1.2 billion; a 22.9% rate of return."

— Michael Nobrega,
OMERS President and CEO



recognized environmental rating system for new buildings in Canada.

The Canada Green Building Council follows a point system that determines how "green" our project is, which will determine the LEED® certification class.

Key features of Centennial Place will include an energy efficient curtain wall and mechanical system, motion sensors on all light fixtures, low-flow faucets, a green podium roof, secured interior bicycle storage and shower/change facilities. Separating waste from recyclables and maintaining high indoor air quality standards as we construct the towers are also part of this strategy.

How does this compare to other OMERS investments?

Oxford's construction projects and real estate activities help OMERS meet its investment goals and commitment to its members. This \$560 million development is owned 100% by OMERS, and will be a significant addition to OMERS real estate portfolio.

The project will be complete in early 2010. With 55% of the complex already leased, we are quite pleased with the tremendous interest Calgary office tenants have shown in our investment.

Finally, what should our members know about Oxford? Our goal is to create and enhance the value of our investments to help deliver the OMERS pension promise to its plan members.

Michael Kitt recently joined

Ontario Venture Capital Fund

OMERS, in partnership with the provincial government and leading institutional investors, is supporting start-up companies in Ontario with a new \$205-million Ontario Venture Capital Fund (OVCF).

This joint initiative was announced on June 11 at the Toronto Stock Exchange.

Read the full story on our website under OMERS Updates.

Oxford as the Executive Vice President of Global Development. He will lead Oxford's 21-person development and construction team on all of Oxford's global development initiatives. Our

work ranges from new construction projects like Centennial Place and Watermark Place in the UK, to enhancing the value of our existing assets such as Yorkdale Mall through major renovation projects.

Fairmont Hotels and Resorts: discount offered to OMERS retirees

The next time you plan your vacation, consider staying at one of the seven Fairmont Hotels and Resorts owned by OMERS. Fairmont offers OMERS members and retirees 10% off the best available rate throughout the year.

The seven properties include:

- The Fairmont Banff Springs
- The Fairmont Chateau Lake Louise
- The Fairmont Chateau Whistler
- The Fairmont Jasper Park Lodge
- The Fairmont Vancouver Airport
- Fairmont Le Château Montebello
- Fairmont Kenauk at Le Château Montebello

To book your stay at one of our hotels with the 10% discount (subject to room availability

and all applicable taxes), visit www.fairmont.com/omers or call 1-888-370-4141.



Plan for the future – with OMERS

Learn about your pension at an OMERS pension information session. We'll cover topics such as inflation protection, the CPP and survivor benefits.

Information sessions scheduled for 2008 (2:00 p.m. to 3:30 p.m.)

Date	Location
September 17	Brockville Brockville Golf and Country Club, 1548 Highway #2
September 24	Brantford Best Western Brant Park Inn and Conference Centre 19 Holiday Drive
October 15	Cornwall Best Western Parkway Inn and Conference Centre 1515 Vincent Massey Drive
December 3	Kitchener Delta Kitchener-Waterloo, 105 King Street East

Register early; the sessions fill up quickly. To register, or confirm the meeting location, contact OMERS Client Services or visit the OMERS website under Retirees/Information sessions.

Retiree database checkup

Each year, in late summer, OMERS Internal Audit Department sends verification letters and forms to a small sample of people who receive an OMERS pension. This helps to ensure the integrity of our pension database.

If you receive a verification letter from OMERS, please complete and

return it to us without delay. This will ensure that there won't be any disruptions to your pension.

If we do not receive a response, OMERS may have to stop your pension payment – as a precaution – until we confirm that your pension information is valid.

Moving? Changing your banking or tax information?



Your information needs to be up to date to ensure the accuracy and security of your OMERS pension.

Please let us know if you change your address, banking or tax information. Send us a completed and signed *Form 108 – Changing information (retired member/survivor)*.

Form 108 can be found on the OMERS website under Retirees/Forms. If you have any questions, see below for the many ways to contact us.

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If there is any discrepancy between the information in this newsletter and the Ontario Municipal Employees Retirement System Act, 2006 (OMERS Act, 2006) and the plan text, the OMERS Act, 2006 and plan text will govern.

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